



15th STREET FITNESS
 FITNESS FOR LIFE

Presents

28 Day Weight Loss Jumpstart

Jumpstart your Weight Loss and Wellness Program at 15th Street Fitness. Educate yourself on the roles food and science play in your overall wellness and weight loss goals. Learn how to incorporate healthy eating habits, detoxification practices and nutritional supplementation into your daily life.

You will be supported with our proven group success!

Program Meeting Dates

Meetings are on
 Tuesdays

July 13, 20, 27, Aug 3, 10

Classes are 5:30p – 7p

Early Registration

Fee is \$50 per person or
 \$90 per couple

Space is limited /
 This will sell out!

Body Fat Loss

Increased Energy

Improved Mental Focus

What people are saying:

"Tremendous increase in
 energy and focus.

Complete loss of cravings
 & anxiety. Lost 24 lbs, 5%
 body fat, 2-3 inches in
 waist! Easy to follow, even
 on big travel schedule.

Will do it again."

Jim A.

Meeting Location: 15th Street Fitness

Location is 15th Street Fitness

109 15th St. West Sacramento, Ca 95691

phone:916-374-9100 and www.15thstreetfitness.com

Mail registration form with payment to 15th Street Fitness 109 15th St. West Sacramento, Ca 95691

Email or fax registration form to manager@15thstreetfitness.com / fax: 916-374-9111

Enroll Today!

Name: _____ Are you a member? Yes _____ No _____

If Yes, what is your Member #? _____ Form of payment: _____

Address: _____ Visa _____ MC _____ Chk# _____

Email: _____ CC#: _____ - _____ - _____ - _____ Exp: _____

Phone: _____ Amt Paid: \$ _____

Authorized Signature: _____ Date: _____

We will send you a confirmation email of registration within 24 hours of receiving payment.
 Please bring confirmation with you to the first class.